



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Imogen Harper 17/6/2021

#### Diet recommendations:

- Continue cow-dairy free + GF
- Try to eliminate amines as much as possible - especially anything aged/ fermented
- Protein bars to try: <https://180nutrition.com.au/product/organic-vegan-protein-bars/>
- Nuut shake once a day, pref first thing in the morning but also good for snacks: <https://nuut.com.au/collections/nuut-blends/products/nuut-daily-balance-blend>
- Eat foods containing resistant starch daily. You may react to these but even a teaspoon of one a day would be beneficial. These foods will be used by your butyrate producing bacteria to produce more butyrate therefore will diversify and strengthen your microbiome and immune system. Resistant starch is found in cooked and cooled potatoes, rice, pasta (GF), legumes, cashews, soaked (not cooked) oats. Try to ensure you have at least one of these foods every day.
- Try to eat different legumes every day. If you react try to do a tsp a day of a legume of choice. This helps build the good gut bacteria. E.g. black turtle beans, adzuki beans, red lentils. Fresh is always best, but organic canned ones can also work if needed (just always rinse). Instead of soups make bean and vegetable dishes for lunch or dinner when possible. Eat foods containing a multitude of polyphenols daily. Polyphenols can be found in pomegranates, red-fleshed dragon fruit, cranberries (fresh not dried), red and black rice and quinoa, any type of berry. Eat a mix of these foods daily.
- Organic decaf Swiss air dried coffee only - preferably after something to eat with non-cow milk.

#### Assessments/referrals:

- Jemma McGreachie at Cammeray Physio - for pelvic floor Physio - ask about pelviwand
- Faecal PCR retest via Nutripath 8 weeks post antibiotics.
- Dr Yin Yin Teoh at Sydney Holistic Dental Surgery on Elizabeth st Sydney - go and have a chat to her about the SOMA plate for grinding etc.
- Complete Visual Contrast Test: <https://www.survivingmold.com/store1/online-screening-test>

#### Other:

- Find ways to manage your stress - consider swimming in the ocean as much as possible, even if its just jumping in for 5 min
- Make an effort to floss every day
- Ovulation sticks to track ovulation and time sex (every day in fertile period)
- Do castor oil pack 2x a week - make sure its organic castor oil
- Talk to Sam about semen analysis, diet/lifestyle importance and if he is willing to take a few supplements.



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

## Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Liposome B12		2 droppers					
Orthoplex Folinic acid		4 caps					
Thorne Zinc Picollinate						2 caps	FXMED
Thorne Selenomethionase						1 cap	FXMED
RNut Curcumin Pure		2 caps				2 caps	FXMED
Orthoplex Hydrozyme		1 tab				1 tab	
BloC Nat Ubiquinol		2 caps					
Pure Encap Mg Glycinate		3 caps				3 caps	FXMED
RNut Inflaquell		2 caps				2 caps	FXMED
Body Bio eLyte		2 capfuls					FX MED; sip in water during day
Mediherb Chaste Tree						1 cap	Finish up ashwaganda/
RN Labs iodine/tyrosine	2 caps						
RN Labs Calcium DG						1 flat tsp	For endo; need to stop when trying for baby
RNut Trifortify gel						1 tsp	When finished do NAC 1-2 caps twice/day

## Supplements (Gut treatment after antibiotics for 8 weeks)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioconcepts GIT Immunobiotic		1 tsp				1 tsp	Pause SB pro when you take this; <a href="http://vital.ly">vital.ly</a>
Metagenics Ultra Flora Soothe		1 cap				1 cap	
Thorne Berberine 500		1 cap				1 cap	Add in when yr ready
Panaxea AntiBioBotanicals		1-2 caps				1-2 caps	Try this first and see how you go